

WORDS AND MUSIC

Beginning this Fall on Tuesday mornings from 10:00 a.m. to 11:00 a.m., we will be offering “Words and Music,” a new class starting on September 7th. Exercise your mind while having fun with anagrams, cryptograms and word rebus puzzles. Feed your sense of humor while twists of the English language are illustrated. Our volunteer leader, Annette Fisher, has engineered and developed games such as crosswords and Sudoku puzzles to stimulate your imagination. Sing along to songs from the 1890s to the 1980s, and play musical games akin to “Name That Tune” and song parodies. Annette will accompany you on the piano and provide the lyrics for all of the songs. Pre-registration is required, so please call 508-543-1252 to let us know that you will be coming or to arrange for a ride on the Van-Go.

Monday, August 23

Sit & Be Fit 9:30 a.m.

Hearing Clinic 10:00 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw’s 1:00 p.m.

Jay Barrows’ Office Hour 2:00 p.m.

Tuesday, August 24

Beginners Walking Club 8:30 a.m.

Nutrition-Guest Speaker KristinPufahl, Nutritionist 11:00 a.m.

Body, Mind & Spirit 12:30 p.m.

Ice Cream Days-Crescent Ridge 1:00 p.m.

Discussion Group 1:00 p.m.

Tailspinners 2:00 p.m.

Wednesday, August 25

Strength Training 8:30 a.m.

Painting with Bob McLeod 10:00 a.m.

Luncheon Outing @ Olive Garden 1:00 p.m.

Zumba 2:30 p.m.

Thursday, August 26

Ceramics 9:00 a.m.

Cool Comedy-David Shikes 1:00 p.m.

Friday, August 27

Stop & Shop 8:30 a.m.

YMCA Exercise 9:30 a.m.

Massage, Reiki & Reflexology 10:00 a.m.

Wii Games 11:00 a.m.

Cribbage 11:00 a.m.

Card Making Class 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

REGULARLY SCHEDULED

FREE LUNCH!

Apparently there is such a thing as a free lunch! Chickie Flynn’s Restaurant is offering a free lunch to the seniors of Foxboro on the first Wednesday of each month. Our first luncheon will be on Wednesday, September 1st at 11:30 a.m. at Chickie Flynn’s located at 94 Washington Street, Foxboro, MA. Your lunch will include a choice of 2 entrees (Baked Haddock, Rice, & Veggies OR Chef’s Choice), Bread and Butter, Cheesecake or Ice

Cream, Coffee, Tea, or Soda. The lunch is free but the service is not, so bring along \$2.50 which will be collected for your waiters and waitresses. Transportation will be on your own and space is limited for the luncheon. To take advantage of this very generous offer, you must call the senior center at 508-543-1252 to sign-up by Tuesday, August 31st.

BOOKS ON TAPE BOOK CLUB

The Book Club meets at the Foxboro Senior Center on the first Thursday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening on tape are able to enjoy this group. The group is led by Outreach Social Worker, Noreen Sherys. Our next meeting is on Thursday, September 2nd at 1:00 p.m. If you would like to participate, please call 508-543-1252. We have lively discussions and lots of fun.

LUNCHEON OUTING

Our next luncheon outing will be to the Olive Garden on Wednesday, August 25th at 1:00 p.m. Seating is limited, so please call the senior center at 508-543-1252 to sign-up by Tuesday, August 24th.

PAINT IN A DAY

Come and explore your creative talents at the senior center. You will amaze yourself when you leave that afternoon with a fantastic painting done by you ... enjoy a Bob MacLeod painting class, and you'll want to come back for more! This class is for everyone, not just the experienced, so give it a try! Bob MacLeod's next visit to the senior center will be on Wednesday, August 25th at 10:00 a.m. The cost of the class is \$30 and includes everything you will need to complete your painting that day. Bring your lunch and plan on staying until approximately 3:30 p.m. Please bring along your own paper towels. Class size is limited. If you would like to sign-up, please call the senior center at 508-543-1252.

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center on the 4th Monday of every month at 2:00 p.m. His next visit will be on August 23rd. Please take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or just get information.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

August 25 Luncheon Outing @ Olive Garden

September 1 Wal-Mart

September 8 Dollar Tree Store

September 15 Target

OPEN COMPUTER LAB

Our computer lab is open for your use each day during regular senior center hours except when the computer and digital camera classes are scheduled. We have internet capability and printers for your use as well. There is a 15¢ per page cost for printing. Use the computers to keep your mind active while having fun at the following "brain exercise" websites: www.fitbrains.com; www.happyneutron.com; www.aarp.org/games. You can call ahead to 508-543-1252 to make sure that the computers are available.

MEDICAL INFORMATION AND SERVICES

SAVINGS IN MEDICARE PRESCRIPTION DRUG COVERAGE GAP

If you have reached the coverage gap or 'donut hole' in your Medicare prescription drug coverage in 2010, you may qualify for a one-time, tax-free \$250 rebate to help you with your prescription drug costs. This important

new benefit, included in the Affordable Care Act, is the first step toward closing the Medicare prescription drug coverage gap. If you qualify and reach the coverage gap, Medicare will **automatically** send you a check. You don't need to fill out any forms or provide any personal information to get the rebate check. Do not provide your personal information to anyone who calls you about the \$250 rebate check. Call 1-800-MEDICARE to report anyone who does this. To learn more about the \$250 coverage gap rebate, visit www.medicare.gov.

TRAVEL SAFETY TIPS FROM THE ALZHEIMER'S ASSOCIATION

Whether taking a short trip to see friends or traveling a far distance for a vacation, it's important to weigh the costs and benefits of travel for a person with dementia. Here are some travel safety tips from the Alzheimer's Association:

- Enroll in a 24-hour nationwide emergency response service for individuals with dementia such as MedicAlert + Safe Return or Project Life Saver.
- Stick with the familiar. Travel to known destinations that involve few changes to daily routine.
- Decide which mode of travel would provide the most comfort and the least anxiety.
- Plan a trip where emergency health services are available.
- Keep travel simple and manageable.
- Alert hotel staff ahead of time of your specific needs.
- Have a back-up plan in case your trip needs to change unexpectedly.
- Create a detailed itinerary. Give copies to family members, friends, and emergency contacts.
- Travel during the time of day that is best for the person with dementia.
- Have a bag of essentials (medications, medical info, a comfortable change of clothes, water, snacks, emergency contacts and copies of important legal documents) with you at all times.
- Allow plenty of time for rest. Don't over-schedule.
- Learn if there are services available at your destination by contacting the Alzheimer's Association.
- If traveling involves too many risks for the person with dementia, call the Alzheimer's Association to help you find an alternative plan that allows the person to remain at home.

HEARING CLINIC

Mass Audiology is holding free hearing clinics at the senior center on the 4th Monday of each month at 10:00 a.m. Our next clinic will be on August 23rd. Steve Senna, a Hearing Instrument Specialist, is available to help identify any hearing loss you may have and to talk with you about hearing loss. Steve can provide tone testing, clean and check your hearing aids, assist with small repairs to hearing aids, and show you new products that are available. Mass Audiology has been in the business of helping people to improve their hearing for 41 years. With 17 offices in Massachusetts, they are owned and operated by Dr. Michael Fellman, Doctor of Audiology. If you would like more information about Mass Audiology call 1-866-536-4327 (HEAR). Please call the senior center at 508-543-1252 to sign-up.

SPECIAL EVENTS AND PROGRAMS

PREPARE FOR THE UNEXPECTED

The best way to protect your family is to be ready for the unexpected before it happens. The American Red Cross will be giving a presentation entitled "Preparing for the Unexpected" at the senior center on Thursday, September 2nd at 11:00 a.m. This 45 minute presentation is offered FREE of charge. Come and learn what to do if disaster strikes. Please call us at 508-543-1252 to let us know that you will be coming.

COOL COMEDY

Come to the senior center on Thursday, August 26th at 1:00 p.m. to see Comedian David Shikes who will make us all chuckle with his jokes and short stories. He is a 5-time Boston Marathon runner, an independent book seller and avid reader...he will certainly entertain us. Cool off at the senior center while you enjoy the comedy show along with ice cream floats and goodies. Please call 508-543-1252 to sign-up for this fun afternoon event.

SERENADING SENIORS

The Serenading Seniors will resume their regular schedule beginning Wednesday, September 1st. Rehearsals are held at the Senior Center on Wednesdays from 10:00 a.m.-11:15 a.m. It's a friendly, fun group and you DO NOT need to read music to be a member. Currently we have openings for a few new members, both men and women. If you enjoy singing and are interested in joining, please call Barbara Durst at 774-215-5083.

‘COOL’ CLASSICS

Beat the heat and humidity by coming to the senior center for some ‘cool’ movie classics. Take advantage of our nice air-conditioned environment while you watch an oldie-but-goodie movie, enjoy some refreshments, and socialize with each other. The movies will be shown on Thursdays at either 11:00 a.m. or 1:00 p.m. Please feel free to bring your lunch along to have either before or after the film. Please give us a call at 508-543-1252 to let us know that you will be coming. The remaining schedule is as follows:

September 9th at 11:00 a.m. “An Affair to Remember”

October 7th at 11:00 a.m. “Room at the Top”

I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!

Summertime and ice cream go hand-in-hand, so we are planning our ice cream day trips again! Our next trip for this season will be to Crescent Ridge in Sharon on Tuesday, August 24th. This year's ice cream trips will be scheduled on alternating Tuesdays throughout the summer. We leave for ice cream at approximately 1:00 p.m. from the senior center or the van can pick you up from your home. Van space is limited, so be sure to call early to sign-up. Call 508-543-1252 to reserve your spot. Van space is reserved for Foxboro residents only.

TRAVEL AND ENTERTAINMENT

EAST HILL FARM AND CATHEDRAL OF THE PINES

Come along with the group from the senior center to New Hampshire for the day to visit East Hill Farm and the Cathedral of the Pines on Thursday, October 14th. Your day will begin with a stop at the Petersboro Basket Company Outlet Store where you will find a wide selection of baskets and other gifts, including punched tin ware. Next enjoy lunch at East Hill Farm in Troy, NH, where you will be served a hearty, family style luncheon including both pot roast and turkey. Originating in 1834, the Inn is nestled at the base of picturesque Mt. Monadnock on 150 acres. After lunch you will visit Coll's Farm Stand in Jaffrey, NH, where you can select from a variety of fresh fruits and vegetables as well as apple cider and maple syrup. Then you will visit the Cathedral of the Pines. This unique, inspirational landmark seats 200 and is a place of spiritual nourishment for people of all faiths. Formed by tall pines, the cathedral is a living memorial to those who gave their lives for our country. Your motor coach will depart from St. Mary's Church parking lot at 7:30 a.m. and return at approximately 5:30/6:30 p.m. The cost for this excursion is \$58 per person (driver's tip *not* included). Payment will be due by Friday, September 17th. Sign-up for this trip by calling the senior center at 508-543-1252.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45A.M.

If you plan to eat, give Marge at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, August 23

AMERICAN CHOP SUEY
GREEN BEANS
DINNER ROLL
PUDDING

Tuesday, August 24

BEEF STEW
MASHED POTATOES
MULTIGRAIN ROLL
PEARS

Wednesday, August 25

HAPPY BIRTHDAY

CHICKEN SUPREME

RICE PILAF

SUMMER BLEND VEGGIES

WHOLE WHEAT BREAD

BIRTHDAY CAKE

Thursday, August 26

MEATLOAF/GRAVY

PARMESAN MASHED POTATOES

TUSCANY BLEND VEGGIES

WHITE BREAD

FRESH FRUIT

Friday, August 27

CRUNCHY FISH

VEGGIE BAKED BEANS

PEAS

FRUIT MUFFIN

MANDARIN ORANGES